



Scabies is a skin infestation caused by tiny bugs called “mites.” When a mite lands on a new person it can crawl about an inch a minute to the places it likes to burrow. Between fingers, the wrists, armpits, breasts, genitals, skin folds, waist and toes are a few of the warm moist places it likes to live. It takes only three minutes for the female mite to burrow under skin. She spends her entire 30-day life there, laying three eggs a day. As she crawls about the burrows, she gives off a chemical. This chemical, not bites, causes the itching that is a major part of having scabies.

What Are The Signs?

Itching, especially at night is the first sign. But, time frames are very important. The first time a person gets scabies it takes two to six weeks for the itching to start. The second time a person gets scabies, the itching starts in one or two days. Scabies can look exactly like other skin rashes. Two people who have scabies might have very different reactions to the chemical given off by the scabies mite. Their rashes would not look the same.

How Do People Get Scabies?

Close contact with a person who has these mites, including sex, is the main way to spread scabies. The mites can live for a couple of days in fabric and dust and can be passed to others even if you have don't have any signs of infestation.



Scabies is a skin infestation caused by tiny bugs called “mites.” When a mite lands on a new person it can crawl about an inch a minute to the places it likes to burrow. Between fingers, the wrists, armpits, breasts, genitals, skin folds, waist and toes are a few of the warm moist places it likes to live. It takes only three minutes for the female mite to burrow under skin. She spends her entire 30-day life there, laying three eggs a day. As she crawls about the burrows, she gives off a chemical. This chemical, not bites, causes the itching that is a major part of having scabies.

What Are The Signs?

Itching, especially at night is the first sign. But, time frames are very important. The first time a person gets scabies it takes two to six weeks for the itching to start. The second time a person gets scabies, the itching starts in one or two days. Scabies can look exactly like other skin rashes. Two people who have scabies might have very different reactions to the chemical given off by the scabies mite. Their rashes would not look the same.

How Do People Get Scabies?

Close contact with a person who has these mites, including sex, is the main way to spread scabies. The mites can live for a couple of days in fabric and dust and can be passed to others even if you have don't have any signs of infestation.



Scabies is a skin infestation caused by tiny bugs called “mites.” When a mite lands on a new person it can crawl about an inch a minute to the places it likes to burrow. Between fingers, the wrists, armpits, breasts, genitals, skin folds, waist and toes are a few of the warm moist places it likes to live. It takes only three minutes for the female mite to burrow under skin. She spends her entire 30-day life there, laying three eggs a day. As she crawls about the burrows, she gives off a chemical. This chemical, not bites, causes the itching that is a major part of having scabies.

What Are The Signs?

Itching, especially at night is the first sign. But, time frames are very important. The first time a person gets scabies it takes two to six weeks for the itching to start. The second time a person gets scabies, the itching starts in one or two days. Scabies can look exactly like other skin rashes. Two people who have scabies might have very different reactions to the chemical given off by the scabies mite. Their rashes would not look the same.

How Do People Get Scabies?

Close contact with a person who has these mites, including sex, is the main way to spread scabies. The mites can live for a couple of days in fabric and dust and can be passed to others even if you have don't have any signs of infestation.



Is There A Test?

Your doctor can take a tiny scraping of skin and look under a microscope for the mites.

All sex partners, close contacts, and family members living with a person with scabies within the last month must be tested and treated.

What Is The Treatment?

Special lotions that kill the mites and their eggs can be used. Follow the directions exactly. Be sure to put some lotion under finger and toe nails. Five percent (5%) permethrin cream (not the 1% used for lice) is recommended for scabies. Talk to your doctor and pharmacist about the treatments that are safe for you. Products containing lindane cannot be used by people with very irritated skin, pregnant women or children under age 2. Do not use lindane products right after bathing. You may have to be treated more than once. Call your doctor if the itching does not stop one week after treatment.

For washable clothing, bedding, towels, rugs, and toys, use the HOT cycle of the washer and dryer if it is safe to do so. Dry cleaning also works. Things that can't be put in hot water may be wrapped in plastic bags and sealed for 3 or 4 weeks. (Without skin and blood to eat, the mites will die and there will be no more eggs.)

A person who tells you that you have to be tested for scabies is honest, smart, and concerned about health. Thank them and get treated.

Where Can I Learn More?

If you have questions, call your doctor, local health department, or community clinic.

Or call the National STD hotline at
1-800-227-8922.

If you need this publication in an alternative format, please call 1-800-525-0127.



Is There A Test?

Your doctor can take a tiny scraping of skin and look under a microscope for the mites.

All sex partners, close contacts, and family members living with a person with scabies within the last month must be tested and treated.

What Is The Treatment?

Special lotions that kill the mites and their eggs can be used. Follow the directions exactly. Be sure to put some lotion under finger and toe nails. Five percent (5%) permethrin cream (not the 1% used for lice) is recommended for scabies. Talk to your doctor and pharmacist about the treatments that are safe for you. Products containing lindane cannot be used by people with very irritated skin, pregnant women or children under age 2. Do not use lindane products right after bathing. You may have to be treated more than once. Call your doctor if the itching does not stop one week after treatment.

For washable clothing, bedding, towels, rugs, and toys, use the HOT cycle of the washer and dryer if it is safe to do so. Dry cleaning also works. Things that can't be put in hot water may be wrapped in plastic bags and sealed for 3 or 4 weeks. (Without skin and blood to eat, the mites will die and there will be no more eggs.)

A person who tells you that you have to be tested for scabies is honest, smart, and concerned about health. Thank them and get treated.

Where Can I Learn More?

If you have questions, call your doctor, local health department, or community clinic.

Or call the National STD hotline at
1-800-227-8922.

If you need this publication in an alternative format, please call 1-800-525-0127.



Is There A Test?

Your doctor can take a tiny scraping of skin and look under a microscope for the mites.

All sex partners, close contacts, and family members living with a person with scabies within the last month must be tested and treated.

What Is The Treatment?

Special lotions that kill the mites and their eggs can be used. Follow the directions exactly. Be sure to put some lotion under finger and toe nails. Five percent (5%) permethrin cream (not the 1% used for lice) is recommended for scabies. Talk to your doctor and pharmacist about the treatments that are safe for you. Products containing lindane cannot be used by people with very irritated skin, pregnant women or children under age 2. Do not use lindane products right after bathing. You may have to be treated more than once. Call your doctor if the itching does not stop one week after treatment.

For washable clothing, bedding, towels, rugs, and toys, use the HOT cycle of the washer and dryer if it is safe to do so. Dry cleaning also works. Things that can't be put in hot water may be wrapped in plastic bags and sealed for 3 or 4 weeks. (Without skin and blood to eat, the mites will die and there will be no more eggs.)

A person who tells you that you have to be tested for scabies is honest, smart, and concerned about health. Thank them and get treated.

Where Can I Learn More?

If you have questions, call your doctor, local health department, or community clinic.

Or call the National STD hotline at
1-800-227-8922.

If you need this publication in an alternative format, please call 1-800-525-0127.





Dear Colleague,

The Washington State Department of Health (DOH) is pleased to provide camera-ready art for printing this educational material. To ensure that the original quality of the piece is maintained, please read and follow the instructions below and the specifications included for professional printing.

- **Use the latest version.** DOH materials are developed using the most current information available, are checked for clinical accuracy, and are field tested with the intended audience to ensure they are clear and readable. DOH programs make periodic revisions to educational materials, so please check this web site to be sure you have the latest version. DOH assumes no responsibility for the use of this material or for any errors or omissions.
- **Do not alter.** We are providing this artwork with the understanding that it will be printed without alterations and copies will be free to the public. Do not edit the text or use illustrations or photographs for other purposes without first contacting us. Please do not alter or remove the DOH logo, publication number or revision date. If you want to use a part of this publication for other purposes, contact the Office of Health Promotion first.
- **For quality reproduction:** Low resolution PDF files are intended for black and white or color desktop printers. They work best if you are making only one or two copies. High resolution PDF files are intended for reproducing large quantities and are set up for use by professional offset print shops. The high resolution files also include detailed printing specifications. Please match them as closely as possible and insist on the best possible quality for all reproductions.

If you have questions, contact:

Office of Health Promotion

P.O. Box 47833 Olympia, WA 98504-7833

(360) 236-3736

Sincerely,

Health Education Resource Exchange Web Team

H.E.R.E. in Washington
Camera-Ready Materials

The Washington State Department of Health is required to track how many of our educational materials on sexually transmitted diseases are printed and distributed.

Please take a moment to complete this short form and fax or mail it back to us.

Name: _____

Organization: _____

Phone: _____ Email: _____

Number of copies of this publication to be printed and distributed: _____

Other comments:

Thank you for your time. Please send or fax this form to:

Washington State Department of Health
STD Services
P.O. Box 47842
Olympia, WA 98504-7842

FAX: 360-236-3470

P R I N T I N G S P E C I F I C A T I O N S

Title: **Scabies**

Size: 11 x 8.5 (3-up)

Paper stock: 65# cover Valorem Natural

Ink color: Pantone 347

Special instructions: 2-sided printing. Trims to 3.625 x 8.5

DOH Pub #: 347-024